

What Is Confidence to You?

Please answer the following questions to the best of your ability. There are no right or wrong answers and your answer can be as long or short as you feel necessary. It's important not to "overthink" the answer...just go with the first thing that pops into your head.

1. How would you define Confidence?
2. When was a time when you felt Supremely Confident?
3. What keeps you from being a Confident person?
4. What does "failure" mean to you?
5. If your friend was not Confident, what would you say to them?
6. What would your life look like right now if you lived in True Confidence?
7. What are some situations that you are not Confident?
8. Rate your Confidence (1 low to 5 high) in:
 - a. Your physical appearance
 - b. Intelligence
 - c. Social skills
 - d. Problem solving
 - e. Relationships
 - f. Decision making
9. What is your SuperPower (every person has at least one) and what is your Super Hero name?
10. "Why I am Amazing" ...make a list of the things that make you your incredible self